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Nocturnal Awakenings and Pediatric Injury Risk

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Abstract

Objective This study was designed to examine relations between nocturnal awakenings and unintentional injury risk among toddlers. **Methods** A nationally representative sample of 799 children was followed longitudinally from birth through 36 months. Patterns of nocturnal awakening were assessed by parent-report at ages 6, 15, 24 and 36 months, and injury events were reported at quarterly intervals over the same time period. A range of external covariates, including positive and negative affect and externalizing behavior; maternal stress, maternal depression, and parenting style; and family socioeconomic status were measured. **Results** A persistent pattern of very mild nocturnal awakening was related to increased risk of injury during the toddler years, and that relation held after controlling for a range of potential

covariates. **Conclusions** A pattern of persistent nocturnal awakening appears to be related to unintentional injury risk in toddlers.

Key words: injury; nocturnal awakenings; safety; sleep; sleep problems.

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